

# Smart Cat says, Eating more veggies and fruits is easy!

Just follow these tips and you'll  
be on your way to eating more  
and counting your colors!

- Have fruit at breakfast.
  - Slice a banana or sprinkle berries over a bowl of cereal.
  - Slice apples or oranges as a side dish.
- At meals, always include one or more veggies or fruit
  - Eat salads loaded with different veggies.
  - Make your own pizza with lots of veggies as toppings.
  - Don't forget to pack sliced veggies and fruits into your lunch bag.
  - Go food shopping with your mom or dad and choose one new vegetable or fruit to try each week.
- Make sure you choose different colors!



South Carolina Department of Health  
and Environmental Control

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*We promote and protect the health of the public and the environment.*

# ETV's Smart Cat Loves Veggies and Fruits: They Taste Great!

## Make snacking colorful!

Some ideas:

- Small bags of baby carrots, cucumber slices, bell pepper strips, fruit slices, snow peas
- Boxes of dried fruits such as raisins
- Snack cups of applesauce, peaches, canned mixed fruit
- Ants on a log: celery sticks filled with peanut butter and topped with raisins
- Small salads made with fresh spinach leaves and cherry tomatoes



## Count your colors!

Eating different colors of veggies and fruits helps keep you healthy. Plus, they are yummy in your tummy! Keep track of the colors you eat every day with our color counter. Use crayons or markers to count your colors and compare with your friends!

|                  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|--------|---------|-----------|----------|--------|----------|--------|
| Red              |        |         |           |          |        |          |        |
| Yellow or Orange |        |         |           |          |        |          |        |
| Green            |        |         |           |          |        |          |        |
| Purple or Blue   |        |         |           |          |        |          |        |
| White            |        |         |           |          |        |          |        |